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Eat Right! Walk More! Live Well!
The ACCUSPLIT Lifestyle

970-079
Sept 07

ACCUSPLIT EAGLE

AE120XLG PEDOMETER

Operating Instructions

Functions

- Step counter.
- Automatic Activity Timer.
- Goal tracking for Steps, and Activity Time.

For complete Function Specifications, go to page 24.

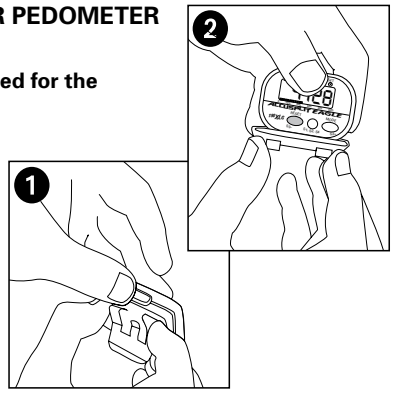
Key Features

- Built around the Japanese-made JW200 PedometerEngine™ Step Sensor, the current gold standard for accuracy.
- Extra Large Digits.
- The ACCUSPLIT exclusive case makes this the slimmest available pedometer built around the JW200 Step Sensor.
- Chromed, Spring Steel clip resists breakage.
- Case includes two leash slots, for attaching safety leash on either side. Made from tough polycarbonate plastic.
- Step filter, can be set from 0-5 steps to further increase accuracy.

HOW TO OPEN YOUR PEDOMETER

See diagrams at right.

The cover must be closed for the pedometer to work.



USE IT NOW!
Your pedometer is preset with standardized settings that allow you to use it now! You can customize the settings later. Skip to pages 14-19 to use it now!

SETTING UP YOUR PEDOMETER

It's a good idea to set up your pedometer before first using it. You can change the daily Goal setting from Set mode.

See page 9 when ready to begin setting up your unit.

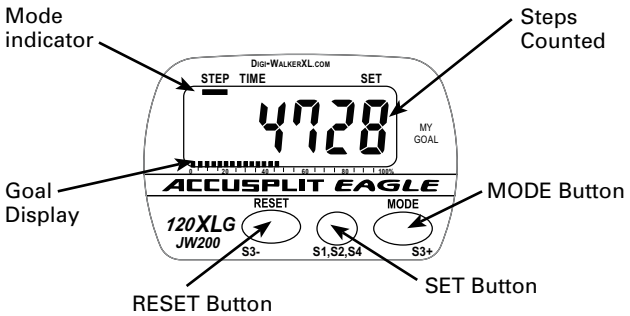
Getting Acquainted

- Press the MODE button to cycle through the display modes (Steps, Activity Time, ...)
  See page 17 and Specifications for details.
- The RESET button sets your counts back to zero.
  See page 19 for details.

MODES

- STEP: STEP mode shows step count.
- TIME: AUTO ACTIVITY TIMER MODE shows total activity time in min and sec.

Both of the above also display progress towards user-defined goal.



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Choosing Step and Time Goals: This unit can store your personal goals for steps and activity time during step activity. The default values are 3,500 steps and 30 minutes of activity time. These are modest daily goals created with the assumption that you will reset the unit daily. Most wellness experts recommend that healthy people should work towards 10,000 steps and one hour of activity time each day. As your activity level increases, you can change to more aggressive goals at any time. Choose goals to fit your current activity level.

SETTING PROCEDURE

ACCUSPLIT products use a common setting procedure known as "S1- S2-S3-S4." Here's how it works:

Press S1 for 2 seconds: Enter the SET mode
Press S2: Change the field to be set
Press S3: Change the field value
Press S4 for 2 seconds: Exit the SET mode

You can enter and exit Set mode from any of the regular display screens. Once in Set mode, you can cycle through all of these settings by pressing S2 repeatedly:

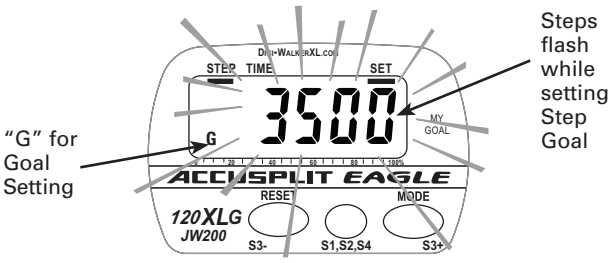
Set Step Goal → Set Activity Time Goal → Set Step Goal

We recommend that you adjust the settings all at once, using the procedure below.

Entering set mode and setting Step Goal

1. Repeatedly press the MODE button until the pedometer displays the current step count. (The display will show a line underneath the word "STEP" on the label.)
2. Press and hold the S1 (SET) button for 2 seconds. The step count display will start to flash, showing that you've entered SET mode. The indicator bar will still be underneath the word "STEP" on the label. You'll also notice the "G" indicator has come on, indicating that you are ready to set your Step Goal.
3. Press the S3+ (MODE) button to increase the Step Goal value. Press the S3– (RESET) button to decrease the Step Goal. Hold the buttons down to change values quickly.

4. Press the S2 (SET) button to select the next setting (adjust the Activity Time Goal).



Setting Step Goal Mode

Setting Activity Time Goal

1. (Continuing from above) - After pressing S2 (SET), you will see the indicator bar shift to be underneath "TIME" on the label. The "G" indicator will be on. The display will show a flashing time, which is your Activity Time Goal set point.
2. As before, press the S3+ (MODE) button to increase the Activity Time Goal, and press the S3– (RESET) button to decrease the Activity Time Goal. Hold the buttons down to change values quickly.

Note: If you need to go back and change some of the values, simply press S2 (SET) to cycle through all of the set points until you see the one you want to change.

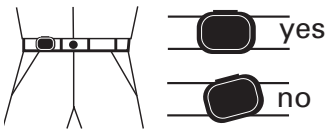
Exiting Set Mode

Press and hold the S4 (SET) button for 2 seconds. The unit will exit setting mode – no values will be flashing anymore.

Note: The unit will save any changes and exit set mode after 30 seconds unattended.

WEARING YOUR PEDOMETER

Gently slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee. The strong steel clip makes it easy.



Note: The pedometer should be as vertical as possible. Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.

The cover must be closed for the pedometer to work.

To avoid losing or dropping your pedometer, use the included leash and clip to fasten the pedometer securely to your clothing.

Attaching the Leash

1. Attach the pedometer to the leash by looping the thin side of the leash through one of the leash slots on the sides of the pedometer case, near the bottom of the unit.
2. Put the pedometer onto your clothing as discussed above.
3. Attach the alligator clip to a belt loop or the top edge of the pants or skirt.

Note: You can also use a safety pin to fasten the leash to your clothing, loop the leash through your belt or belt loop, or use a badge holder.

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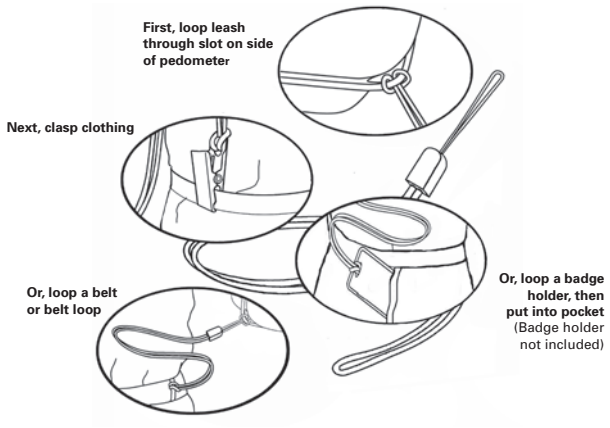

First, loop leash through slot on side of pedometer
Next, clasp clothing
Or, loop a belt or belt loop
Or, loop a badge holder, then put into pocket
(Badge holder not included)

VIEWING YOUR RESULTS

Once you put on your pedometer with the cover closed, it will automatically begin to record your steps and activity time. Repeatedly press the MODE button to cycle through the pedometer modes:

STEPS → TIME → STEPS

Activity time is counted automatically whenever steps are being counted.

- TIME is time spent in step activity.

Note: For extra accuracy, the default Step Filter Setting is 1. See page 21 to learn more.

GOAL TRACKING

As discussed in beginning of instructions, this unit keeps track of your progress towards the Step and Time goals you set. Progress is shown as a series of small bars appearing on the bottom of the display, with each bar representing 5% of the total. For example, if you set your step goal to 4,000 steps, and you've walked 2,000 steps so far, the goal indicator in STEP mode will show as 50% complete. Progress towards each goal is shown on the corresponding screen – for example, when viewing TIME, you will see both the time traveled in hours and minutes, and also the progress towards your time goal on the bottom of the display.

RESETTING YOUR PEDOMETER

Most people prefer to reset counts daily. To reset your counts: From STEP or TIME mode, press and hold the yellow RESET button for at least 2 seconds. You'll see the values all go back to zero.

OTHER SETTINGS

The Step Filter setting is accessed through a special "deep set" mode.

To enter this mode, press and hold the S1 (SET) button for 4 seconds. The screen will display a flashing single digit.

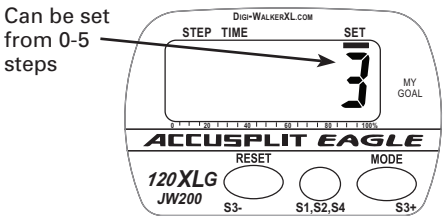
CHANGING STEP FILTER SETTING

While the JW200 PedometerEngine™ Step Sensor is extremely accurate, some people like to have the ability to filter out false steps. Therefore, the unit has a variable setting step filter, to allow fine-tuning to your specific preferences.

You can set the value to any value from 0 – 5 steps. For example, if the filter is set to "3", the unit will wait to start counting steps until more than three steps have been taken in less than five seconds.

Press S3+ (MODE) or S3– (RESET) to change the step filter setting. Press and hold S4 (SET) for 2 seconds to exit Deep Set Mode.

Note: The unit will save any changes and exit set mode after 30 seconds unattended.



Set Step Filter set point

REPLACING THE BATTERY AND MASTER RESET

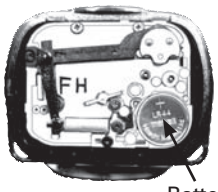
When the display starts to dim or goes blank, it is time to replace the battery.

If the display is not uniformly dim or blank, and appears to display "erroneous data", do a Master Reset by pressing all 3 buttons simultaneously for 3 seconds and then release. The display should go blank, then turn all segments on, then display 0 steps in Step Mode.

Note: All the settings will return to their default setting values. If you need to change the battery, the settings will also revert to default settings.

To replace the battery:

1. Insert a coin into the slot on the bottom of the case, and twist to loosen the faceplate. Remove faceplate and set aside.
2. Locate the battery holder as seen on sketch. Pull out the old battery, and push a new LR-44 battery into the holder, with positive terminal (+) facing up.
3. Snap faceplate back into place, hooking the bottom two tabs first, then closing by pressing together at the top two tabs.



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SPECIFICATIONS, FEATURES, and FUNCTIONS

Description of Functions

- Counts Steps up to 99,999 then rollover.
- Keeps track of progress towards Step Goal (default setting is 3500 steps, but can be set from 0-99,990 steps, in 100 step increments).
- Counts Time spent in step activity, up to 999 Min 59 sec, then rollover. Automatically counts whenever step activity is occurring.
- Keeps track of progress towards Activity Time Goal (default setting is 30 minutes, but can be set from 0-999 min, in 1 min increments).
- Adjustable Step Filter (default setting is 1 step, but can be set from 0-5 steps) to increase step count accuracy.

REGISTER NOW Please return your AE120XLG Registration to the Repair Center address in the warranty, and we will let you know about future products.

Email (preferred)

User _____

_____

_____

NO-PROOF-OF-PURCHASE LIMITED WARRANTY

Free service for first year of ownership;
$12 fee for service thereafter. See label inside unit for date.
See www.ACCUSPLIT.com/support for details

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